

Booze: The Elephant In The Room

So the BIG question most people have when jumping on a program like this is can I drink alcohol?

Now if you don't drink anyway, awesome you can skip this lesson.

For the rest of you.

Booze is absolutely toxic, it is a stressor and in general is not going to help your efforts at weight loss.

THAT SAID....

Socialising is a huge de-stressor, a vital part of health and very much beneficial to weight loss, longevity and overall performance.

The BIG problem I see (*and indeed suffered from*) is when we go tea total we tend to do it at the expense of being social. Following the mindset, "***well if I can't drink I wont go out.***"

This can be do more harm than good.

Now if you follow that advise and go out and drink 5 pints **you're NEVER going to lose weight or perform at 100%...EVER.**

But the occasional glass (singular!) of wine with friends is something I would not frown on and indeed many of the longest lived people in the world follow this custom and enjoy a long life of perfect health.

So what does that mean for us on this program?

On this program you'll see the fastest results if you can give up booze entirely and still manage to socialise with your friends.

If you can't do this then maximum of 1 glass of wine or equivalent a day is permitted, preferably with friends.

As with all things on this program we have a sliding scale of quality of booze.

Beer is off the menu I'm afraid, why? It comes in huge quantities is packed with toxic chemicals and GLUTEN. (even gluten free beers don't generally pass out strict anti gluten like ingredients test I'm afraid so they're out as well)

So what can you drink?

The best alcohols (*and remember non are good so the use of "best":here is subject to that condition!*) are the purest.

King of the Hill is quality tequila, followed by gin and vodka. Try mixing them with fresh lime and soda to reduce the damage done.

Again avoid grain based spirits like whisky as they're packed full of gluten.

After that I would recommend red wine, if you can find organic even better.

Then white wine.

After that you're into the less pure, natural spirits.

Anything else is off the menu.

Does this mean you have to give up booze forever.

NO.

Again in this program we are stripping out everything which is making you weak with the intention of allowing your body to recover, fast so in the future if you want to go and have a big night out, you can (occasionally!) and your body can bounce back.